



## FREDERICK COUNTY YOUTH FIELD HOCKEY LEAGUE



### Fall 2019 Rules – adapted from NFHS rulebook

*\*The League Director reserves the right to make final determination on any rules or interpretations*

Level	Halves	Players	Field	Corners	Sticks	Aerials/Throws	Bench Rule
3 <sup>rd</sup> /4 <sup>th</sup>	20 min.  5 min. halftime	7 v. 7  No Goalies.  No more than 1 person each team on ball  <b>Coaches are asked not to place a defender on the goal line</b>	50' x 40' circles not mandatory.  NOT using the circle ruling for free hits inside the 25yd area.	No corners. Attack 16 yd. hit in, within 5 yards of goal line. 3 players back to midline. Ball must be second-touched by attack before goal counts	Not permitted above waist, anytime, anywhere.	Air dribbling or throws are NOT permitted.	1 coach per team allowed on field.
5 <sup>th</sup> /6 <sup>th</sup>	22 min.  5 min. halftime	11 v. 11  <b>Teams have the option to have 11 field players or 10 field players plus a goalie</b>	Full Field	Regular setup on corners per NFHS rulebook	Not permitted above waist, anytime, anywhere.	Air dribbling or throws are NOT permitted.	Coaches may move along entire sideline
7 <sup>th</sup> /8 <sup>th</sup>	22 min.  5 min. halftime	11 v. 11  With Goalie	Full Field	Regular setup on corners per NFHS rulebook	Not permitted above waist, anytime, anywhere.	Air dribbling or throws are NOT permitted.	Per NFHS Rulebook

\*Please keep the games on time. Each team is allowed one 2 minute time out per half. Start the time out immediately when the clock stops.

\*Pushes and drives are permitted in field of play, **but no balls in the air.**

\*All levels will use the self-pass. **3/4 level:** ALL players 5 yds away at ALL times for set pieces; free hits for attack into circle area may NOT be hit hard directly at goal (Must dribble in or pass).

#### **Rosters:**

7/8 – 18 max

5/6 – 16 max

3/4 – 12 max

\*Any player requesting to play up a level must be approved by the League first. No player will be permitted to play down.

\*Teams are to be formed based on existing high school or rec council boundaries. Any player requesting to play outside of their boundary must be approved by the league via special request.

\*Boys are permitted at all age levels with the following considerations for 5/6 and 7/8 play only:

- 2 boys permitted as field players at a time
- Goalie is gender neutral so boy can be goalie but does not count as one of the field players

### **Equipment/Jerseys:**

Protective eye wear (goggles/mask), mouth guards, and shin guards are required for all ages  
Jerseys: Home team – White, Away team - Colored

### **Scores/Standings:**

Scores will be recorded for the 5/6 and 7/8 divisions only. Referees will report scores to the league director. Standings will be updated weekly and found on the league webpage:

<http://www.recreator.com/670/Field-Hockey-League>

\*No overtime for regular season games - games will end in a tie. For end of season tournament, tie games at the end of regulation may be decided by penalty strokes or 1v1's (to be determined when tournament schedule is released).

### **Sportsmanship:**

Per the coaches and parent code of ethics agreement, unsportsmanlike conduct from coaches, players, or spectators will not be tolerated, and should be immediately reported to the league director. Violators could face suspension from Frederick County Parks and Recreation programs.

### **Weather Policies and Cancellation Information**

Games may be played rain or shine. However, certain inclement weather situations may cause us to postpone and/or cancel games. When inclement weather is forecasted you should call our *Program Status Line (see below)* before leaving for your game/practice location.

**Program Status Line 301.600.6291** (updated only if an activity is cancelled). We do not update the line to report that games are running. If the cancellation line does not state that your game is cancelled then it is running as scheduled.



### **Thunderstorms & Lightning**

“When Thunder Roars, Get Indoors.” FCPR Staff and Volunteers will suspend or postpone activities if a thunderstorm appears imminent before or during outdoor activities. If thunder can be heard, lightning is close enough to be a hazard and everyone should head to a safe location immediately. Allowing sufficient time for individuals to safely evacuate the premises must be taken into consideration by staff and volunteers. All activities will be suspended until 30 minutes after the last sound of thunder is heard. This 30-minute clock restarts each time thunder is heard. Spectator and participants will be directed to the nearest safe location which in many instances will be their vehicles. Participants and spectators should only make their way back to a venue after an “all-clear” from FCPR Staff.

### **League Director**

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